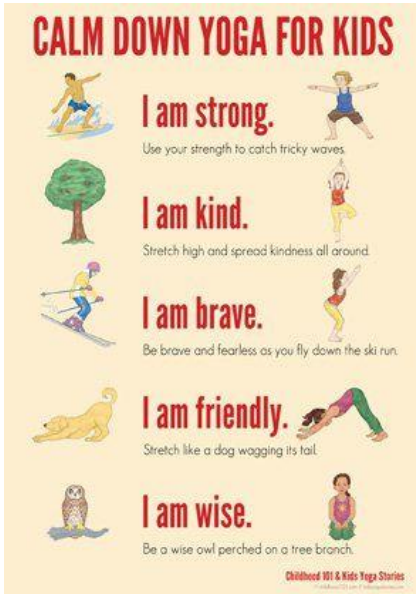


Parents Letter



Dear Parent,

Today, your child heard a story called *Breath with Me: Using Breath to Feel Strong, Calm, and Happy* by Mariam Gates. Your child learned the importance of taking a deep breath to take a break from their emotions. A benefit of deep breathing is for children to unplug from their busy overwhelmed brain and relax. A deep breath can make a difference in a child's day, from feeling angry and ready to use their hands to feeling calm and able to clearly explain with their words how something made them feel.

After the story, your child learned yoga poses combined with using the breathing techniques. Yoga has benefits for adults and children to help “cope with stress and contribute to a positive mental health” (Hagen & Naya, 2014). Attached is copy of the five yoga -poses you and your child can do at home to promote relaxation and self-calming techniques.

Another resource you can use to help encourage your child to stop and take a deep breath is *Calm-Down Time* by Elizabeth Verdick. https://www.youtube.com/watch?v=r8526ba_0NM. Calm-Down Time is a short book teaching children how to cool off and take a deep breath to regroup. A benefit is that children will identify when they are upset and need a moment to themselves, reducing the risk of using their hands out of anger.

View, *How Should I Handle Temper Tantrums?* This short 90 second video will help you support your child and help them identify their feelings and emotions. <https://app.readyrosie.com/en/videos/647>.

*“When **little** people are overwhelmed by **BIG** emotions, it’s our job to share our calm, not to join their chaos.” -L. R. Knost*
